

YMCA Awards Level 3 Diploma in Teaching Pilates 600/4015/4

Purpose Statement

Overview

On completion, this qualification will allow entry to REPs at Level 3.

Who is this qualification for?

- This qualification is aimed at individuals who want to teach Pilates.

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

No formal prerequisites. YCMA Awards recommends learners have a basic understanding of Level 2 Anatomy and Physiology

Learners need to be 16 or above to complete this qualification

What does this qualification cover?

The YMCA Awards Level 3 Diploma in Teaching Pilates is regulated by Ofqual and comprises of a total of 37 credits.

37 credits are achieved through completion of the following mandatory units:

- Anatomy and physiology for Exercise and Health
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Know how to support clients who take part in exercise and physical activity
- Delivering a Pilates Teaching Session
- Programming a Pilates Teaching Session

Key topics/skills/knowledge covered:

- Understand anatomy and physiology for exercise and health
- How to programme a Pilates teaching session
- How to deliver a Pilates teaching Session

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a Pilate's instructor.

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 3 Diploma in Teaching Yoga

Who supports this qualification?

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. We exist to serve anyone with a benefit to be gained or a role to play in achieving that goal.

Its membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies, equipment suppliers and charities. Read more about ukactive here: <http://www.ukactive.com/about-us>